

1-25 (canceled).

26. (currently amended) A method of indication for monitoring consumption of nutritional supplement with discomfort reliever from an enclosure having labeling indications enabling monitoring of nutritional supplement consumption ~~a unit dose of an orally consumable material for relief of discomfort and supplementing nutrition,~~ comprising: essentially

labeling an enclosure with labeling indications, said enclosure enclosing a unit dose of orally consumable material in an enclosure having indications, said unit dose comprising a predetermined amount of discomfort reliever, and a predetermined amount of at least one nutritional supplement selected from the group consisting of vitamin A, vitamin B₆, vitamin B₁₂, said nutritional supplement comprising a nutritionally effective amount of vitamin C, vitamin D, vitamin E, vitamin K, folic acid, niacin, biotin, beta-carotene, pantothenic acid, calcium, chlorine, chromium, copper, iodine, iron, manganese, molybdenum, phosphorus, potassium, and zinc, said discomfort reliever comprising a pharmaceutically effective amount of ibuprofen,

said labeling indications indicating said amount of said ibuprofen discomfort reliever in said unit dose,

said labeling indications indicating said amount of said vitamin C nutritional supplement in said unit dose,

said labeling indications indicating a percent of a daily value for said vitamin C nutritional supplement in said unit dose, and

~~said indications indicating that consumption of said discomfort reliever of said~~

~~unit dose provides relief for at least one discomfort selected from the group consisting of aches, pain, fever, running nose, sneezing, itching of nose, itching of throat, itchy watering eyes due to upper respiratory allergy, insomnia, sleepiness, fatigue and drowsiness~~

consuming said unit dose, and

monitoring said amount of said vitamin C consumed with said ibuprofen.

27. (currently amended) The method of claim 26 wherein ~~said nutritional supplement is vitamin C and said discomfort reliever is~~ consists essentially of said ibuprofen.

28. (previously presented) The method of claim 26 wherein said nutritional supplement comprises at least 50 mg of vitamin C and said discomfort reliever comprises at least 50 mg of ibuprofen.

29. (currently amended) The method of claim 26 wherein said labeling indications indicate temporary relief for at least two discomforts selected from the group consisting of minor pain, headache, toothache, backache, muscular aches, fever, running nose, sneezing, itching of nose, itching of throat, and ~~itchy watering eyes due to upper respiratory allergy, sleepiness, fatigue and drowsiness.~~

30. (currently amended) The method of claim 26 wherein said labeling indications indicate temporary relief for a discomfort selected from the group consisting of headache, toothache, backache, muscular aches, minor pain of arthritis, fever, running nose, sneezing, itching of nose, itching of throat, and ~~itchy watering eyes due to upper respiratory allergy, sleepiness, fatigue and drowsiness.~~

31-32. (canceled)

33. (currently amended) The method of claim 26 wherein ~~said discomfort is pain,~~
~~and said discomfort reliever is selected from the group consisting of ibuprofen,~~
~~naproxen, caffeine, acetaminophen and aspirin,~~ said nutritional supplement is
~~vitamin C, calcium or iron~~ and said percent of a daily value is between one and fifty
percent of a daily value.

34. (previously presented) The method of claim 26 wherein said unit dose is formed
into a pill, tablet or capsule.

35. (currently amended) The method of claim 26 wherein said labeling indications
indicate said nutritional supplement for supplementing nutrition ~~discomfort reliever is~~
~~selected from the group consisting of ibuprofen, naproxen, caffeine, aspirin, and~~
~~acetaminophen, and said nutritional supplement is selected from the group~~
~~consisting of vitamin A, vitamin B₆, vitamin B₁₂, vitamin C, vitamin D, vitamin E,~~
~~vitamin K, calcium, chlorine, chromium, copper, iodine, iron, manganese,~~
~~molybdenum, phosphorus, potassium, and zinc.~~

36. (canceled)

37. (previously presented) The method of claim 26 wherein said discomfort is
headache.

38. (currently amended) A method of indication for monitoring consumption of
nutritional supplement with discomfort reliever from an enclosure having labeling
indications enabling monitoring of nutritional supplement consumption ~~a unit dose of~~
~~an orally consumable material for relief of discomfort and supplementing nutrition,~~
comprising: essentially

labeling an enclosure with labeling indications, said enclosure enclosing a

unit dose of orally consumable material, ~~in an enclosure having indications, said unit dose comprising a predetermined amount of discomfort reliever selected from the group consisting of ibuprofen, naproxen, caffeine and acetaminophen, and a predetermined amount of at least one nutritional supplement, said discomfort reliever comprising a pharmaceutically effective amount of ibuprofen, said nutritional supplement comprising a nutritionally effective amount of vitamin C selected from the group consisting of vitamin, and mineral,~~

said labeling indications indicating said amount of said ibuprofen discomfort reliever in said unit dose,

said labeling indications indicating said amount of said vitamin C nutritional supplement in said unit dose, ~~said indications indicating a percent of a daily value for said nutritional supplement in said unit dose, and said indications indicating that consumption of said discomfort reliever of said unit dose provides relief for at least one discomfort selected from the group consisting of aches, pain, fever, running nose, sneezing, itching of nose, itching of throat, itchy watering eyes due to upper respiratory allergy, sleepiness, fatigue and drowsiness~~

consuming said unit dose, and

monitoring said amount of said vitamin C consumed with said ibuprofen.

39. (currently amended) The method of claim 38 wherein ~~said unit does consists essentially of said nutritional supplement and said discomfort reliever, and said nutritional supplement is vitamin C and said discomfort reliever is~~ consists essentially of said ibuprofen.

40. (currently amended) The method of claim 38 wherein said labeling indications

indicate that consumption of said unit dose provides temporary relief for ~~at least two discomforts~~ at least one discomfort selected from the group consisting of minor pain, headache, toothache, backache, muscular aches, fever, running nose, sneezing, itching of nose, itching of throat, ~~itchy watering eyes due to upper respiratory allergy,~~ sleepiness, ~~fatigue and drowsiness.~~

41. (currently amended) The method of claim 38 wherein said nutritional supplement consists essentially of said ~~is vitamin A, vitamin B₆, vitamin B₁₂, vitamin C, vitamin D, vitamin E, vitamin K, calcium, chromium, copper, iron, manganese, molybdenum, phosphorus, potassium or zinc.~~

42. (currently amended) The method of claim 38 wherein said labeling indications comprise printed indications, and said printed indications are supported by said enclosure and said unit dose is formed into a pill, tablet or capsule.

43. (previously presented) The method of claim 38 wherein said unit dose of an orally consumable material comprises at least 50 mg of said nutritional supplement and at least 50 mg of said discomfort reliever.

44. (currently amended) A method ~~of indication~~ for monitoring consumption of nutritional supplement with discomfort reliever from an enclosure having labeling indications enabling monitoring of nutritional supplement consumption ~~a unit dose of an orally consumable material for relief of discomfort and for supplementing nutrition with nutritional supplement, comprising: essentially~~

labeling an enclosure with labeling indications, said enclosure enclosing a unit dose of orally consumable material in an enclosure having indications, said unit dose comprising a predetermined amount of at least 50 mg of discomfort reliever,

and a predetermined nutritionally effective amount of nutritional supplement, said discomfort reliever comprising a pharmaceutically effective amount of ibuprofen, and said nutritional supplement comprising is a nutritionally effective amount of vitamin C, calcium, iron or iodine,

said labeling indications indicating said amount of said ibuprofen discomfort reliever in said unit dose,

said labeling indications indicating said amount of said vitamin C nutritional supplement in said unit dose, said labeling indications indicating a percent of a daily value for said vitamin C nutritional supplement in said unit dose, and

~~said indications indicating that consumption of said discomfort reliever of said unit dose provides relief for at least one discomfort selected from the group consisting of aches, pain, fever, running nose, sneezing, itching of nose, itching of throat, itchy watering eyes due to upper respiratory allergy, insomnia, sleepiness, fatigue and drowsiness~~

consuming said unit dose, and

monitoring said amount of said vitamin C consumed with said ibuprofen.

45. (currently amended) The method of claim 44 wherein ~~said nutritional supplement is vitamin C and said discomfort reliever is ibuprofen~~, said unit dose has a form selected from the group consisting of pill, tablet, and capsule.

46. (currently amended) The method of claim 26 wherein said labeling indications indicate said vitamin C is a nutritional supplement ~~discomfort is sleepiness, fatigue or drowsiness.~~

47. (canceled)

48. (currently amended) A method ~~of indication~~ for monitoring consumption of nutritional supplement with discomfort reliever from an enclosure having labeling indications enabling monitoring of nutritional supplement consumption ~~a unit dose of an orally consumable material for relief of discomfort and supplementing nutrition,~~ comprising: essentially

labeling an enclosure with labeling indications, said enclosure enclosing a unit dose of orally consumable material in an enclosure having indications, said unit dose comprising a predetermined pharmaceutically effective amount of at least one discomfort reliever selected from the group consisting of ibuprofen, naproxen, aspirin, oxyamine succinate, diphenhydramine, and acetaminophen, and a predetermined nutritionally effective amount of at least one nutritional supplement selected from the group consisting of vitamin A, vitamin B₆, vitamin B₁₂, vitamin C, vitamin D, vitamin E, vitamin K, folic acid, niacin, biotin, beta-carotene, pantothenic acid, calcium, chlorine, chromium, copper, iodine, iron, manganese, molybdenum, phosphorus, potassium, and zinc,

said labeling indications indicating said amount of each said discomfort reliever in said unit dose, said labeling indications indicating said amount of each said nutritional supplement in said unit dose,

~~said indications indicating said nutritional supplement for supplementing nutrition, and~~

~~said indications indicating said discomfort reliever as being for relief of at least one discomfort selected from the group consisting of aches, and pain, fever, running nose, sneezing, itching of nose, itching of throat, itchy watering eyes due to upper~~

~~respiratory allergy, insomnia, sleepiness, fatigue and drowsiness~~

consuming said unit dose, and

monitoring said amount of said nutritional supplement consumed with said discomfort reliever.

49. (currently amended) The method of claim 48 wherein said discomfort reliever comprises is an antihistamine oxyamine succinate, or diphenhydramine.

50. (currently amended) The method of claim 48 wherein ~~said unit dose consists essentially of said discomfort reliever and said nutritional supplement, and said nutritional supplement consists essentially of vitamin C, calcium or iron.~~

51. (currently amended) The method of claim 48 wherein said labeling indications indicate that consumption of said unit dose is for women.

52. (currently amended) The method of claim 48 wherein said labeling indications indicate a percent of a daily value for said nutritional supplement in said unit dose.

53. (currently amended) The method of claim 48 wherein said unit dose comprises from about 50 to about 300 mg of a discomfort reliever, and said discomfort reliever is selected from the group consisting of ibuprofen, naproxen, ~~caffeine~~, aspirin and acetaminophen, and from about 50 to about 1000 mg said nutritional supplement, and said nutritional supplement consists essentially of vitamin C, potassium, phosphorous or calcium.

54. (currently amended) The method of claim 52 wherein said discomfort reliever comprises is ibuprofen, ~~caffeine~~ oxyamine succinate, diphenhydramine or aspirin, and said nutritional supplement comprises is vitamin C or calcium.

55. (currently amended) The method of claim 48 wherein said labeling indications

indicate a percent daily value for each said nutritional supplement in said unit dose
~~discomfort reliever is buffered aspirin.~~

56. (canceled)

57. (previously presented) The method of claim 48 wherein said unit dose comprises nutritionally effective amounts of at least two nutritional supplements selected from said group, at least one of said nutritional supplements is a vitamin, and at least one of said nutritional supplements is a mineral.

58. (previously presented) The method of claim 48 wherein said unit dose comprises at least three nutritional supplements selected from said group.

59. (currently amended) The method of claim 48 wherein said ~~amount of said~~
~~discomfort reliever is a pharmaceutically effective amount and said amount of said~~
~~nutritional supplement is a nutritionally effective amount.~~

60. (currently amended) The method of claim 48 wherein said labeling indications
indicate said discomfort reliever as being for relief~~discomfort is insomnia,~~
~~sleepiness, fatigue or drowsiness.~~

61. (currently amended) The method of claim 48 wherein said labeling indications
indicate said discomfort reliever ~~is indicated~~ as being an analgesic.

62. (currently amended) The method of claim 48 wherein said discomfort reliever comprises ~~caffeine,~~ oxyamine succinate, diphenhydramine, acetaminophen or aspirin.

63. (currently amended) The method of claim 48 wherein said labeling indications indicate a percent of a daily amount for said nutritional supplement in said unit dose, said nutritional supplement comprises ~~is~~ calcium and said discomfort reliever

comprises is aspirin.

64. (currently amended) The method of claim 48 wherein said labeling indications are for a consumer of said unit dose.

65. (previously presented) The method of claim 48 wherein said amount of said nutritional supplement in said unit dose is from about 50 to about 1000 mg.

66. (previously presented) The method of claim 65 wherein said amount of discomfort reliever in said unit dose is from about 50 to about 300 mg.

67. (currently amended) A method ~~of indication~~ for monitoring consumption of nutritional supplement with discomfort reliever from an enclosure having labeling indications enabling monitoring of nutritional supplement consumption ~~a unit dose of an orally consumable material for relief of discomfort and for supplementing nutrition,~~ comprising: essentially

labeling an enclosure with labeling indications, said enclosure enclosing a unit dose of orally consumable material in an enclosure having indications, said unit dose comprising a predetermined pharmaceutically effective amount of discomfort reliever, and a predetermined nutritionally effective amount of at least one nutritional supplement, said discomfort reliever being selected from the group consisting of insomnia reliever, nasal decongestant, and antihistamine, and said nutritional supplement being selected from the group consisting of vitamin A, vitamin B₆, vitamin B₁₂, vitamin C, vitamin D, vitamin E, vitamin K, folic acid, niacin, biotin, beta-carotene, pantothenic acid, boron, calcium, chlorine, copper, iodine, iron, manganese, molybdenum, nickel, phosphorus, potassium, selenium, tin and zinc, said labeling indications indicating said amount of said discomfort reliever in

said unit dose, said labeling indications indicating said amount of said nutritional supplement in said unit dose, and

~~said indications indicating supplementing nutrition~~

~~said indications indicating said discomfort reliever in said unit dose as being for relief of at least one discomfort selected from the group consisting of aches, pain, fever, running nose, sneezing, itching of nose, itching of throat, itchy watering eyes due to upper respiratory allergy, insomnia, sleepiness, fatigue and drowsiness~~

consuming said unit dose, and

monitoring said amount of said nutritional supplement consumed with said discomfort reliever.

68. (currently amended) The method of claim 67 wherein said labeling indications indicate a percent of a daily value for said nutritional supplement in said unit dose.

69. (previously presented) The method of claim 67 wherein said unit dose comprises from about 50 to about 300 mg of said discomfort reliever, said unit dose comprises from about 50 to about 1000 mg of said nutritional supplement, and said nutritional supplement is vitamin C or calcium.

70. (currently amended) The method of claim 67 wherein ~~said nutritional supplement is calcium and~~ said discomfort reliever comprises oxyamine succinate or diphenhydramine-aspirin.

71 (currently amended) The method of claim 67 wherein said discomfort reliever is selected from the group consisting of nasal decongestant, and antihistamine ~~unit dose comprises a pharmaceutically effective amount of said discomfort reliever and nutritionally effective amount of said nutritional supplement.~~

72. (currently amended) The method of claim 67 wherein said discomfort reliever is selected from the group consisting of ~~ibuprofen, naproxen, caffeine, aspirin and acetaminophen~~ oxyamine succinate, and diphenhydramine,.

73. (currently amended) The method of claim 67 wherein ~~said unit dose consists essentially of~~ said discomfort reliever consists essentially of oxyamine succinate, or diphenhydramine ~~and said nutritional supplement.~~

74. (currently amended) The method of claim 67 wherein said discomfort reliever is an insomnia reliever ~~is insomnia, sleepiness, fatigue or drowsiness.~~

75. (canceled)

76. (currently amended) The method of claim 67 wherein said labeling indications indicate said discomfort reliever in said unit dose as being ~~primarily for relief of insomnia~~ said discomfort.

77. (currently amended) The method of claim 67 wherein ~~said indications are for said consumer,~~ said discomfort reliever comprises ~~is ibuprofen, naproxen, caffeine, aspirin or acetaminophen,~~ oxyamine succinate, diphenhydramine, and said nutritional supplement comprises ~~is~~ vitamin C, calcium, iodine or iron.

78. (currently amended) The method of claim 77 wherein said labeling indications indicate said unit dose comprises from about 50 to about 300 mg of said discomfort reliever, and said unit dose comprises from about 50 to about 1000 mg of said nutritional supplement.

79. (currently amended) The method of claim 67 wherein said labeling indications indicate instructions for consuming the unit dose for supplementing nutrition.

80. (previously presented) The method of claim 67 wherein said unit dose consists

essentially of a pharmaceutically effective amount of said discomfort reliever and nutritionally effective amount of said nutritional supplement.

81. (previously presented) The method of claim 67 wherein said unit dose comprises nutritionally effective amounts of at least three nutritional supplements selected from said group.

82. (currently amended) A method ~~of indication for~~ monitoring consumption of nutritional supplement with discomfort reliever from an enclosure having labeling indications enabling monitoring of nutritional supplement consumption ~~a unit dose of an orally consumable material for relief of discomfort and for supplementing nutrition,~~ comprising: essentially

labeling an enclosure with labeling indications, said enclosure enclosing a unit dose of orally consumable material ~~in an enclosure having indications, said unit dose comprising a predetermined amount of discomfort reliever, and a predetermined~~ nutritionally effective amount of at least one nutritional supplement, said discomfort reliever being selected from the group consisting of pain reliever, nasal decongestant, antihistamine and insomnia reliever said nutritional supplement being selected from the group consisting of vitamin A, vitamin B₆, vitamin B₁₂, vitamin C, vitamin D, vitamin E, vitamin K, folic acid, niacin, biotin, beta-carotene, pantothenic acid, boron, calcium, chlorine, copper, iodine, iron, manganese, molybdenum, nickel, phosphorus, potassium, selenium, tin and zinc,

said labeling indications indicating said amount of said discomfort reliever in said unit dose,

said labeling indications indicating a percent daily value for said nutritional

supplement and

said labeling indications indicating said amount of said nutritional supplement,

~~said indications indicating said discomfort reliever in said unit dose as being for relief of at least one discomfort selected from the group consisting of aches, pain, fever, running nose, sneezing, itching of nose, itching of throat, itchy watering eyes due to upper respiratory allergy, insomnia, sleepiness, fatigue and drowsiness~~

consuming said unit dose, and

monitoring said amount of said nutritional supplement consumed with said discomfort reliever.

83. (currently amended) The method of claim 82 wherein said unit does consists essentially of a pharmaceutically effective amount of said discomfort reliever and a nutritionally effective amount of said nutritional supplement, said discomfort reliever is ibuprofen, naproxen, ~~caffeine~~, oxyamine succinate, diphenhydramine, aspirin or acetaminophen, said nutritional supplement consists essentially of vitamin C, calcium, iodine or iron.

84. (canceled)

85. (currently amended) The method of claim 82 wherein said unit does consists essentially of a pharmaceutically effective amount of said discomfort reliever and a nutritionally effective amount of said nutritional supplement, said discomfort reliever is ibuprofen, naproxen, ~~caffeine~~, oxyamine succinate, diphenhydramine, aspirin or acetaminophen, said nutritional supplement is a mineral.

86. (previously presented) The method of claim 85 wherein said percent of a daily value is between about one and about fifty percent.

87. (previously presented) The method of claim 82 wherein said nutritional supplement is calcium or iron, said discomfort reliever is ibuprofen or aspirin ~~and said discomfort is aches or pain.~~

88. (previously presented) The method of claim 82 wherein said nutritional supplement is calcium, said discomfort reliever is aspirin and said discomfort is pain.

89. (previously presented) The method of claim 82 wherein said unit dose comprises nutritionally effective amounts of at least two nutritional supplements selected from said group, at least one of said nutritional supplements is a vitamin, and at least one of said nutritional supplements is a mineral.

90. (previously presented) The method of claim 82 wherein said unit dose comprises nutritionally effective amounts of at least three nutritional supplements selected from said group.

91. (currently amended) A method ~~of indication~~ for monitoring consumption of nutritional supplement with discomfort reliever from an enclosure having labeling indications enabling monitoring of nutritional supplement consumption ~~a unit dose of an orally consumable material for relief of discomfort and for supplementing nutrition,~~ comprising: essentially

labeling an enclosure with labeling indications, said enclosure enclosing a unit dose of orally consumable material in an enclosure having indications, said unit dose consisting essentially of comprising a predetermined pharmaceutically effective amount of discomfort reliever selected from the group consisting of ibuprofen, naproxen, oxyamine succinate, acetaminophen or aspirin, and a predetermined nutritionally effective amount of nutritional supplement, said nutritional supplement

consisting essentially of vitamin A, vitamin B₆, vitamin B₁₂, vitamin C, vitamin D, vitamin E, vitamin K, folic acid, niacin, biotin, beta-carotene, pantothenic acid, boron, calcium, chlorine, copper, iodine, iron, manganese, molybdenum, nickel, phosphorus, potassium, selenium, tin or zinc,

said labeling indications indicating said amount of said discomfort reliever in said unit dose,

said indications indicating a percent daily value for said nutritional supplement in said unit dose and

said labeling indications indicating said amount of said nutritional supplement,

~~said indications indicating said discomfort reliever in said unit dose as being for relief of at least one discomfort selected from the group consisting of aches, pain, fever, running nose, sneezing, itching of nose, itching of throat, itchy watering eyes due to upper respiratory allergy, insomnia, sleepiness, fatigue and drowsiness~~

consuming said unit dose, and

monitoring said amount of said nutritional supplement consumed with said discomfort reliever.

92. (currently amended) The method of claim 91 wherein said nutritional supplement is a mineral, and said discomfort reliever is ibuprofen, naproxen, ~~caffeine~~, oxyamine succinate, diphenhydramine, acetaminophen or aspirin.

93. (currently amended) The method of claim 91 wherein ~~said nutritional supplement is a calcium~~, and said discomfort reliever is ibuprofen, naproxen, ~~caffeine~~, acetaminophen or aspirin.

94. (previously presented) The method of claim 93 wherein said percent daily value

is between one percent and fifty percent.